SIENNA TALKS MOVIES AND MOTHERHOOD

THE "AMERICAN SNIPER" STAR IS GLAD TO BE BUSY. PAGE 10

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Monday, January 19, 2015 www.metro.us | t: MetroPhilly | f: MetroPhilly

MLK Day. About 10,000 protesters plan to descend onto Center City on Monday, channeling the spirit of the civil rights champion. PAGE 02

The return of the King

The mural outside the MLK Jr. Recreation Center in North Philadelphia honors Dr. Martin Luther King Jr. and other civil rights leaders. / CHARLES MOSTOLLER, METRO

Nutter: Education is a civil rights issue

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On the go

Want to read Metro on your mobile device? Get the app! All you have to do is search for Metro US in the App Store or Google Play to get all the latest in news, sports, lifestyle and entertainment for free.

Thousands of protesters took to the streets of Center City in November and December armed with the battle cry, "Black Lives Matter." / CHARLES MOSTOLLER

10,000 to march in Dr. King's honor

Protest. Fifty years after the 1963 March on Washington, 10,000 to rally for "unfinished business."

More than 10,000 marchers are expected Monday at a peaceful rally marking Martin Luther King Jr.'s birthday and demanding the country live up to what one organizer called the unfulfilled promises of the framers of American democracy.

"We're coming there because we're saying there is still some unfinished business," said the Rev. Mark Tyler, of the Mother Bethel AME Church and a march organizer.

The march, which begins at 2 p.m. outside the city Board of Education Building on North Broad Street, will end at the corner of 6th and Market streets near the Liberty Bell, Independence Hall, the Constitution center and the President's House.

"The promises that were made on that corner and in that area have yet to be fulfilled for everybody in America," Tyler said.

Those marchers, who will parade through Center City streets and end near the historic district, will be one of the highlights of the MLK day observances, adding to the efforts of some 135,000 volunteers in the metropolitan area doing good works in what has since 1996 been called a day of service.

"We're here to say that we need to continue to work to make sure that America lives up to the aspirations of those framers of American democracy," he said.

None of that disturbs Todd Bernstein, one of the original organizers of the day of service, which started in Philadelphia in 1996, and now involves hundreds of cities across the country.

"There is no conflict," Bernstein said of the two different ways to mark the day.

"The legacy is there for everyone to claim in whatever way they deem appropriate," he said.

Indeed, Bernstein said he is going to join the march himself.

"The King day of service is whatever you want it to be," he said.

Protests on Monday will pick up "unfinished business."

Visit **Metro.us** to read more about Monday's marches and protests.

Details

The march begins at 2 p.m. outside the city Board of Education Building on North Broad Street.

- The march will end at the corner of 6th and Market streets near the Liberty Bell in Old City.

Tyler said the route is no accident, because of the agenda of the organizers.

It begins in front of the Board of Education at 440 North Broad St., down Broad to City Hall and then to 6th and Market.

He defined that as the same goals at the 1963 March on Washington, justice, jobs and education.

"Here we are 50-plus years later, and we are still marching for the same things," he said. "I just find that absolutely amazing, it is unfinished business."

DAVE WARNER
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What does MLK mean to you?

"He made a great contribution to the black race. If it hadn't been for him, we wouldn't have as many civil rights — the right to vote. It would be nice to have someone like him now, because there's still a lot of injustice."

Michael Majtte, 65

"He was a leader. We could use someone like him nowadays; the younger generation is out of control and they need leadership."

Norma Eason, 25

"It's an honor to even speak his name. He was a true leader for all people, not just for his people, but for all people. And he preached love, understanding and peace."

Gladys Christopher

"He stood for justice. He took his Christian values, and was able to eloquently put them out there and make people really understand the concept of love."

Cole Jay, 24

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Nutter: Education is key civil rights issue

Opinion. Mayor Nutter, in a special column, reflects upon the next civil rights issue.

Every January, we take a day as a nation to honor and reflect upon the legacy of the Rev. Dr. Martin Luther King, Jr. This year, as we approach the 50th anniversary of the Voting Rights Act, and with the backdrop of recent racially charged events in Missouri, New York and across the country, I find a renewed sense of relevance and purpose in Dr. King's life and work and one particular message: "The time is always right to do what is right."

In my work as mayor, I strive to do what is right for the citizens of our city every single day. There are many issues that must be dealt with: crime, poverty, jobs … but one issue underlies all the others — the right to a high-quality education. I see this as the civil rights issue of our era, although it has its roots in the struggles of Dr. King and his contemporaries. Access to quality education for all students is the foundation on which we can create economic opportunity and economic justice for all people — among the ideas for which Dr. King fought and died for.

The City of Philadelphia has increased support for public schools by $375 million annually over the last few years, and I look forward to working with Governor-elect [Tom] Wolf to find a way to better support all Pennsylvania schools. I believe the best way to do this is through a full and fair, student-weighted funding formula, because we are one of only three states in the nation that do not have one.

Quoted

"Let us take the energy of the King holiday with us throughout the year and continue to do what is right, as individuals and as a city." Nutter

As the largest city in the commonwealth, Philadelphia has many students with unique needs that require extra support, and a fair funding formula that takes these needs into consideration is a start. But more than fair, we need full funding for our schools to give our students the best 21st-century education — the education they deserve as Americans. Through education, we will build a skilled, globally competitive workforce which will propel our city forward. Solving this issue in 2015 is the right thing to do for our children and it is the right thing to do for our city.

As we celebrate the national King holiday this year, I ask Philadelphians to get involved with the effort to provide quality education to our students. On the King Day of Service in Philadelphia, more than 135,000 volunteers will work on 1,800 projects across the region to honor Dr. King's legacy. If you haven't already decided to participate, consider getting involved in a project that will benefit the education of a young person. As Dr. King said, "Everybody can be great because anyone can serve. … You only need a heart full of grace. A soul generated by love." You can find MLK Day service projects — and service opportunities throughout the year — at Serve Philadelphia.com.

On Monday, whether you spend your time at your job or in school to create a better life for you and your family, or you are blessed with the opportunity to volunteer your time, let us all reflect upon Dr. King's words — remember that now is the time to do the right thing, now is the time to act with grace and love in service to each other.

Mayor Michael Nutter / CHARLES MOSTOLLER

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Liberty Museum offering 'Selma' prize

Contest. The museum is hosting a national contest for high school students.

The Liberty Museum will award a cash prize to the high school student who can channel the spirit of the movie "Selma" into an essay and video-recorded speech.

The Old City museum is hosting a national contest for high school students aged 14 to 18.

Students are asked to submit an essay and a video-recorded speech that tie together with the overall theme — individual freedom and self-determination — of the recently released movie "Selma."

The winner will receive a $5,000 cash prize. The contest is funded by the John Templeton Foundation. The essay question is: "Inspired by the movie 'Selma,' what do you think needs to be done today to protect individual freedom and self-determination? What are you doing, or what can you do, to peacefully advance those rights in the spirit of Martin Luther King Jr. and others?"

Students should visit the Liberty Museum website for submission details. The deadline is Jan. 30.

TOMMY ROWAN
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David Oyelowo played Dr. Martin Luther King, Jr. in "SELMA." ATSUSHI NISHIJIMA

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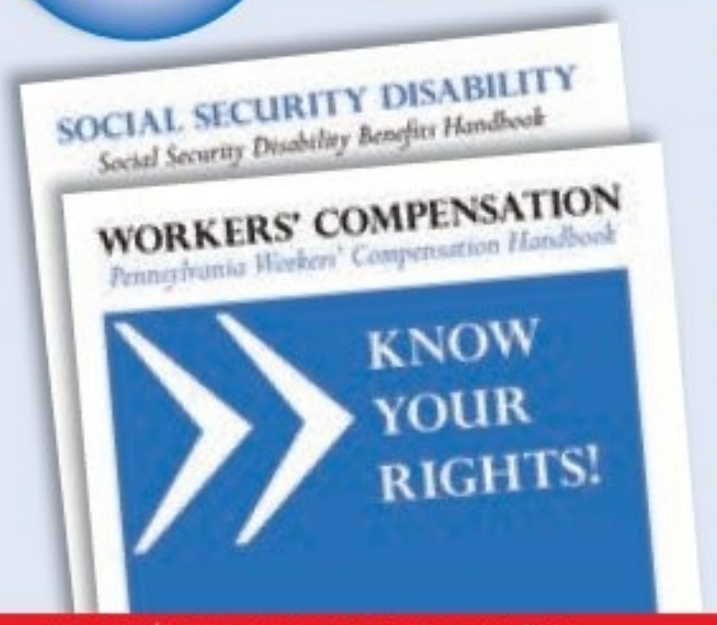

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MLK Day. Where to go, volunteer and donate

Center City

Canned Goods and Book Drive

African American Museum in Philadelphia
7th and Arch streets
Museum entry fees are "Pay-As-You-Wish."

North Philadelphia

Community cleanup

9 a.m., Philadelphia Recovery Community Center, 1701 Lehigh
Volunteers will start at Broad Street and Lehigh Avenue and ending at 22nd Street and Lehigh Avenue.

West Philadelphia

Canned Goods and Book Drive

West Philadelphia Lady Tarheels Cheerleaders
Charles Papa Playground and Recreation Center at 6839 Lansdowne Avenue,
Book and canned food drive.

Northwest Philly

School supplies drive

School supply drive for Lingelbach Elementary and Roosevelt Middle schools. Bring supplies to 6300 Germantown Ave.

South Philadelphia

Community cleanup

Volunteers will clean from 19th Street to 21st Street, from Washington Avenue to Federal Street, and from 22nd Street to 25th Street, from Wharton Street to Morris Street.

Northeast Philly

Volunteers needed

Rhawnhurst NORC senior center, 7500 Bustleton Ave.
Volunteers needed to help out, decorate and do minor repairs for seniors, such as changing smoke detectors, moving furniture and changing lightbulbs.

SAM NEWHOUSE

Pedestrians pass the mural honoring Dr. Martin Luther King Jr. Today, Philadelphians can honor Dr. King by donating goods and their time. CHARLES MOSTOLLER

Icy conditions in Pennsylvania

Three killed in traffic accidents

Three people were killed early Sunday morning after icy conditions caused multiple accidents on both the Schuylkill Expressway and at the Blue Route at West Chester Pike, in Broomall, Delaware County.

According to ABC6, authorities said 31-year-old Eric Alan Blau of Philadelphia was killed during a chain-reaction pileup involving 60 vehicles on the Schuylkill Expressway just before 7 a.m. Sunday.

Police say Blau was fatally struck by a car when he got out of his disabled vehicle.

The Associated Press said the crash was a result of "flash-freezing" which consumed the Northeast overnight Saturday.

Around the same time, another multi-vehicle chain-reaction crash involving a tractor trailer occurred on the Blue Route at West Chester Pike in Broomall, Delaware County. Two people died in that crash.

According to ABC6, authorities identified the deceased as Thomas Michael Brennan of Lansdale and Jason Edward Anderson of Dover, Delaware.

A total of 56 cars were involved, according to ABC6. Traffic was blocked for almost five hours in both directions.

SEPTA buses reportedly were called to help transport victims to area hospitals. State police reported several more accidents across the area that resulted in two other fatalities and numerous injuries.

TOMMY ROWAN

South Carolina

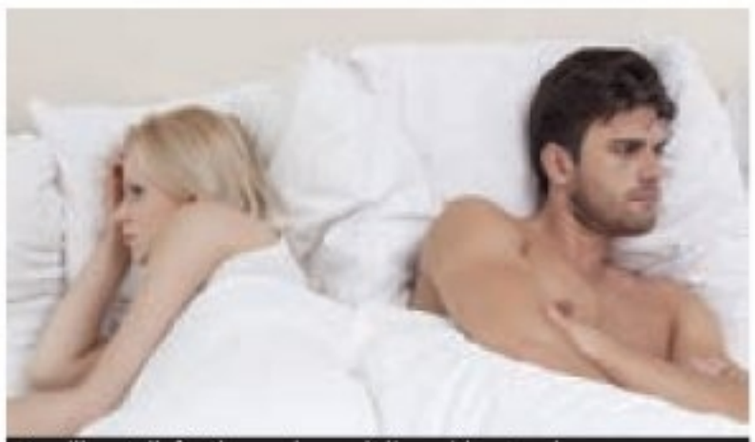
'Friendship Nine' to be cleared of sit-in crimes

Fifty-four years after nine young black men became the first U.S. civil rights protesters to serve jail time for sitting at an all-white lunch counter, surviving members of the group will return to a South Carolina courtroom this month to be exonerated of their crimes.

Their "jail, no bail" strategy helped galvanize the fight against racial inequality in the South and became a model for other protesters. But the "Friendship Nine," as the men became known, endured personal hardships for taking the bold stand.

REUTERS

Some would forgo sex rather than their phone



No pillow talk for those who can't live without a phone. / REX USA

Survey. More than three in 10 would stop seeing their friends in person rather than forgo mobile phone.

Almost a third of Americans would rather give up sex for a year than part with their mobile phone for that long, according to a survey by The Boston Consulting Group.

In other signs of Americans' love affair with their mobile devices, more than 55 percent said they would forgo dining out for 12 months rather than give up their phone, while 45 percent said they would put off going on vacation.

As part of the study, the group also surveyed consumers in Germany, Brazil, South Korea, China and India, contacting about 7,500 people in all, including those in the U.S.

Germans are about as willing as Americans to give up sex for their phones, while only a quarter of Brazilians said they would make such a choice. More than three in five South Koreans reported they'd give up sex for their mobile phones.

Consumers in China and India weren't asked about the sex-versus-phone trade-off. About two-thirds of Indians and more than 55 percent of Chinese said they'd prefer to give up a day off per week for a year than lose their mobile phone for that period. BLOOMBERG

Survey

1,003

The survey of 1,003 Americans, released in Washington, was conducted from September through November of last year and is part of a broader Boston Consulting study of mobile technology that was commissioned and partly paid for by semiconductor maker Qualcomm Inc.

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Survey. One in three Americans believe the police 'routinely lie'

Nearly 70 percent of African-American respondents believe that police target minorities. / GETTY IMAGES

While most Americans approve of the work being done by their local police, nearly a third feel that some officers "routinely lie to serve their own interests," a recent survey by Reuters and the IPSOS polling organization showed.

The number rises to 45 percent among African-Americans.

The findings come as scrutiny on police has been heightened in recent months by the killing of unarmed blacks by white officers, which has raised questions about police treatment of racial minorities.

While distrust is significant, nearly three-quarters of respondents approve the job done by their local police, the survey said.

MarQuis McClee, a small-business owner from Bloomington, Indiana, who took part in the poll, said that he generally trusts police and has officers among his relatives, but as an African-American, he can also be wary around law enforcement.

"I have been involved with officers who give police a bad name," McClee, 38, said, pointing to a recent incident where he was pulled over by an officer be believes was profiling him.

In November, simmering tensions exploded with violent protests in several U.S. cities following a grand jury decision not to indict a police officer in the St. Louis suburb of Ferguson for shooting an unarmed black teenager.

When asked about the Ferguson police, 60 percent of respondents had a favorable impression, but among black American respondents, only 32 percent had a favorable impression. REUTERS

Survey

56%

The survey showed that 56 percent of African-American respondents approved of their local police.

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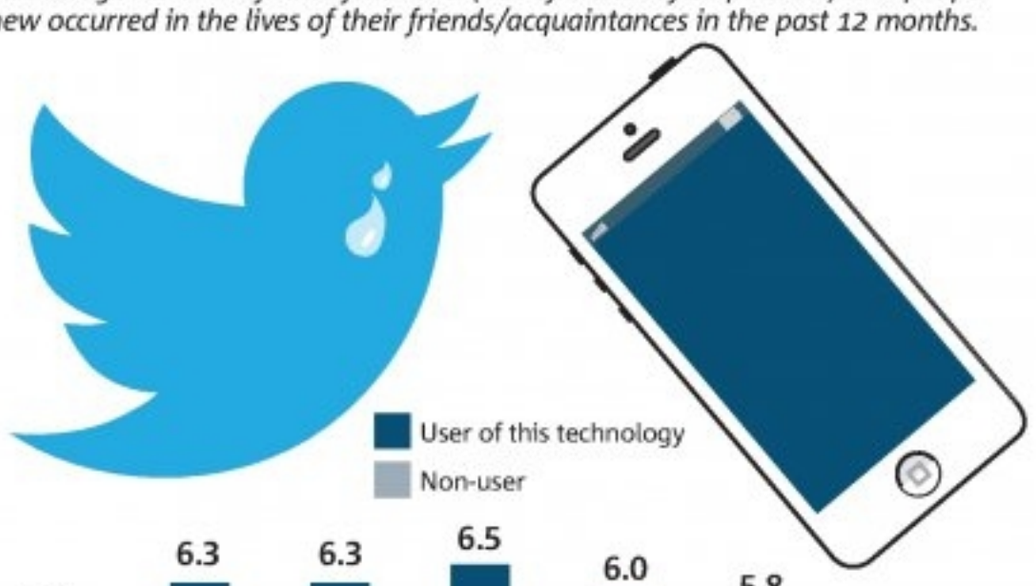
Social media, spreading the stress

The average number of stressful events (out of a total of 12 possible) that people knew occurred in the lives of their friends/acquaintances in the past 12 months.



Source: Pew Research Center

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*National Research Council. (2003) Elder mistreatment: Abuse, neglect and exploitation in an aging America. Washington, D.C.: The National Academies Press

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THE 14TH ANNUAL
REVEREND DR. MARTIN LUTHER KING, JR.
LECTURE IN SOCIAL JUSTICE

ROSARIO DAWSON
Actress, Activist, and Humanitarian

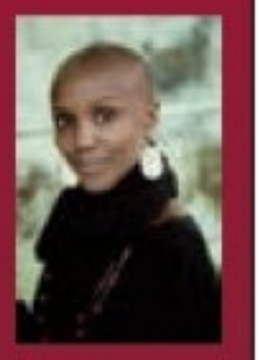
TIFFANY PERSONS
Director of Shine on Sierra Leone

ABRIMA ERWIAH
Founder of Studio One Eighty Nine

in conversation with
CAMILLE Z. CHARLES
Professor of Sociology, Africana Studies & Education, and Director of the Center for Africana Studies, University of Pennsylvania

Rosario Dawson is an award-winning actress, film producer, and social activist. In 2004, Dawson co-founded Voto Latino, a non-partisan organization that empowers Latino Millennials. She serves on the board of the Lower Eastside Girls Club in Manhattan, V-day, and Operation USA. Dawson was awarded the President's Volunteer Service Award for her valuable contributions to the community. Ms. Dawson's new social enterprise has taken her to Africa where she is a creative director and designer at Studio One Eighty Nine, which she co-founded with Abrima Erwiah.

Tiffany Persons is the founder of Shine On Sierra Leone. Ms. Persons has been honored by the United Nations Pasadena Chapter as a Woman Of The World and featured in various popular domestic and international publications including *Elle*, *Vibe*, and People.com. Her passion and commitment for empowering the communities of Sierra Leone can be seen through her innovative initiatives in education, healthcare, sustainable building, and agriculture programs.



Abrima Erwiah is a global marketing & communications exec in the fashion and luxury goods industry. Ms. Erwiah was appointed Marketing & Communications Executive Mentor to the Ugandan organization, AFRIpads, by the Kering Foundation for Women's Dignity & Rights. She is currently co-founder and co-creative director of Studio One Eighty Nine, a social enterprise that she co-founded with Rosario Dawson, which is focused on achieving a social impact in education, economic/employment opportunities, and empowerment.

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2

CULTURE

Female troubles

Same old, same old

There has been a lot of talk recently about the lack of female-driven movies in Hollywood. Is it getting better at all?

No. I think there's still no equality in Hollywood whatsoever. At the moment, I'm fortunate enough to work with directors who love women and get to play some really interesting characters.

A return to the spotlight

Interview. After laying low, Sienna Miller is storming movies, including the new "American Sniper."

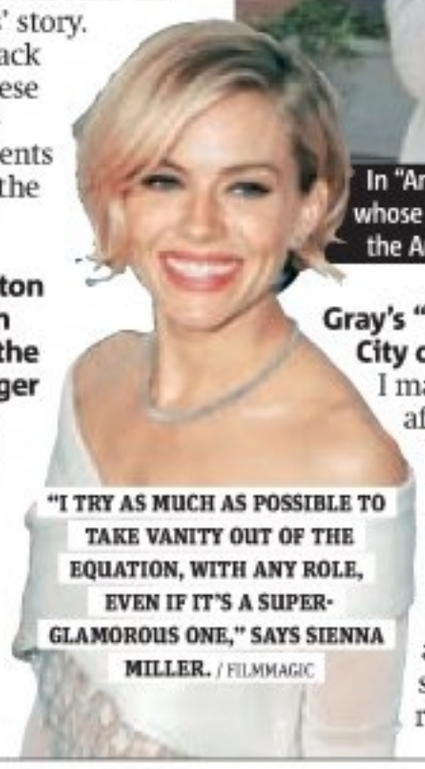
When she was younger, Sienna Miller was a paparazzi magnet. She seems to have taken drastic steps to distance herself these days. In 2012 she gave birth to her daughter, Marlowe, with her now-fiance Tom Sturridge, and regularly describes their life as "boring." But she's also back in high-profile movies, after years in smaller fare. She was in "Foxcatcher," and now plays Taya Kyle, wife of late Army sharpshooter Chris Kyle (played by Bradley Cooper) in Clint Eastwood's "American Sniper." And there's plenty more coming soon.

In real life, Taya is very animated. She's definitely not just the Wife.

She's a real firecracker. She's definitely not just a military wife. Clint, I think, is so respectful of women and historically has made movies with great roles for women in them. But it's not her story; it's Chris' story. You try to pack a lot into these small, infrequent moments that served the story.

In "American Sniper," Sienna Miller plays Taya Kyle, whose husband Chris (Bradley Cooper) was one of the Army's top sharpshooters. / WARNER BROS. PICTURES

You have a ton of movies in the works: the Whitey Bulger film "Black Mass," Ben Affleck's "Live by Night," another Bradley Cooper movie and James Gray's "The Lost City of Z."



"I TRY AS MUCH AS POSSIBLE TO TAKE VANITY OUT OF THE EQUATION, WITH ANY ROLE, EVEN IF IT'S A SUPER-GLAMOROUS ONE," SAYS SIENNA MILLER. / FILMMAGIC

I made a pact after I had a baby that I wanted to work with the best people. I don't care about the size of the roles; I just want to be in great films, just to learn from these people. Ten weeks after I gave birth to my daughter I was sent "Foxcatcher." And once that happened it opened up opportunities with other filmmakers, because they would tell other directors what I was like to work with. It was quite a good strategy, actually.

How have you juggled motherhood with so much work?

For her first year, I basically didn't work. Now she comes with me. She's here right now, sleeping in the hotel. She's like a little nomad. She gets to be with her mom and dad and we take turns working. What a great life, to be around creative people and funny environments.

In real life you don't look much like you do in "American Sniper."

I try as much as possible to take vanity out of the equation, with any role, even if it's a super-glamorous one. An actor's job is to inhabit and disappear. That's my goal. My dad didn't recognize me in this for the first couple minutes [laughs], which is really worrying-slash-flattering.

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TV watch list

Even in a hurricane, these two make each other happy on "Jane the Virgin." / GREG GAYNE, THE CW

DRAMA

'Jane the Virgin'

Jane gets stuck at the hotel after a hurricane hits town, which isn't where she wants to be, considering her grandmother is at the hospital.

9 P.M., CW

DRAMA

'Sleepy Hollow'

The show returns from hiatus to introduce another figure from history who just so happened to have been pals with Ichabod and Katrina back in the day: Abigail Adams.

9 P.M., FOX

COMEDY

'Two Broke Girls'

Caroline gets a glimpse of her old life after a Lamborghini that her father bought years earlier shows up. She should probably go ahead and sell that thing.

8 P.M., CBS

REALITY

'The Bachelor'

Chris gets some celebrity assistance in his love life as Jimmy Kimmel stops by to help him choose among the women. In return, Chris and one of the ladies cook him dinner. **8 P.M., ABC**

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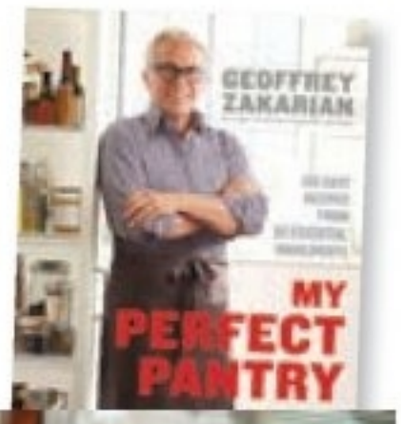
Cooking with Geoffrey Zakarian



Seasoning. The "Chopped" judge shares a few pieces of kitchen advice.

Quoted

"I like classics with a twist. If you come to my house for a party, there will be one or two cocktails I'll make and I'll curate the wine — maybe five things to drink. No open bar. You're not at a bar."

Zakarian, on crafting cocktails for a party

Geoffrey Zakarian shows us how it's done, in the kitchen at The Lambs Club. / PROVIDED

It's easier to name something food-related Geoffrey Zakarian hasn't done than to list out his accomplishments.

The star of multiple Food Network shows, Zakarian is also chef/partner at The Lambs Club and culinary director of the iconic Plaza Hotel, both in New York City, and head of food and beverage at the Water Club, Borgata's boutique hotel tower in Atlantic City.

His newest cookbook is "My Perfect Pantry: 150 Easy Recipes from 50 Essential Ingredients."

We caught up with Zakarian at Borgata during the annual Savor Borgata food fest, where he did a cooking demo and took some time to chat over cocktails. He offered five small but essential tips.

1 If you can only have two gadgets in the kitchen, make them a blender and a pot with a strainer. "With those, I can do anything," Zakarian says.

2 "The biggest mistake you can make is not properly seasoning," Zakarian says, referring to the chefs he judges on "Chopped" on the Food Network. "If you overcook a steak that's property seasoned, it still tastes like a steak," he explains. "If you don't use salt and pepper, it has no taste."

3 Conversely, under-season a sauce. "When you taste a tiny spoonful, it should taste under-seasoned — because if you season it perfectly for a small spoon, when you eat 8 ounces it will be too salty," he says.

4 Never rinse your pasta when you've finished cooking it. Leave the starch on so the sauce will bind to it.

5 The exact time it takes for a perfect hard-boiled egg is 5 minutes. Twelve for soft-boiled. That is final!

See him on TV

- **'Chopped'**
  Tuesdays, 10 p.m.
  This is Zakarian's ninth season as a judge on the cooking competition.
- **'The Kitchen'**
  Saturdays, 11 a.m.
  He is co-host of this foodie talk show.
- **'Iron Chef America'**
  Sundays, 10 p.m.
  After winning "The Next Iron Chef: Super Chef" in 2011, Zakarian joined Bobby Flay, Mario Batali and other culinary superstars as an official Iron Chef. He swears they don't know the secret ingredients ahead of time: "We think on the fly."

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‘Pretty Mbane’ tackles weighty topics

Preview. Jen Silverman’s new South Africa-set play follows a gay soccer star and her disappeared activist lover.

The daughter of scientists, playwright Jen Silverman grew up traveling the world. Her father’s research and teaching brought the family to Europe and Asia. That nomadic lifestyle has carried over into her work, which might find her characters anywhere from the English moors to Japan.

“Growing up that way felt very normal to me — staying too long in the same place is what [to this day still] feels strange,” Silverman said via email. “I think it had an impact on my work. ... Many of my characters stand on the edges of something, looking in.”

Her latest play, “The Dangerous House of Pretty Mbane,” takes Silverman to South Africa for the story of a soccer star who flees to England to avoid prosecution, but returns during the 2010 World Cup after her activist lover, the title character, goes missing.

Silverman watched that year’s World Cup from Japan, where she crossed paths with the country’s tight-knit South African expat community. Around the same time, activist Ndumie Funda of the Cape Town organization Luleki Sizwe created a petition to demand that the government acknowledge corrective rape — the practice meant to forcibly turn gay women straight — as a hate crime.

Those two elements converge in “The Dangerous House of Pretty MBane.” “Corrective rape is such a dangerous way to think about queerness — as something that can be ‘cured’ through [hetero] sexual assault,” Silverman said. “It says so much ... about the idea that heterosexuality, even when coupled with brutality, is the only model of healthy behavior.”

The play is at InterAct Theatre Company, which is known for its interest in political issues. “InterAct is willing to tackle themes and stories that are complicated, tricky, uncomfortable,” Silverman said. “They don’t shy away from uncomfortable plays.”

SHAUN BRADY
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If you go

‘The Dangerous House of Pretty Mbane’

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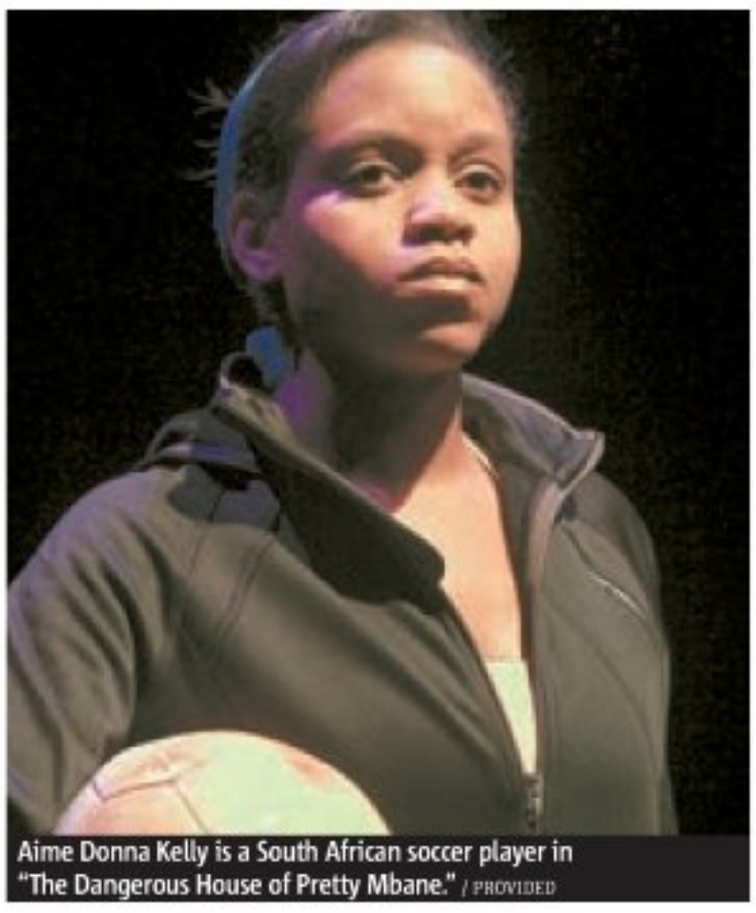

Aime Donna Kelly is a South African soccer player in “The Dangerous House of Pretty Mbane.” / PROVIDED

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Tip

An even healthier option

Bake the trout rather than sear it — the crust will still be crispy, and you can save the butter for your breakfast.

Make trout part of your healthy eating plan

Recipe. This easy dish has a satisfying crunch without frying.

There are few healthier choices you could make for the new year than switching some of your usual proteins for fish. Trout is low in calories and rich in B-complex vitamins, amino acids and potassium to support those workout resolutions.

And the best part: This fish won't make your apartment smell like a seaside market.

"Trout doesn't have that heavy, fishy smell because it's a freshwater fish. Pungent fish fillets usually have saltwater origins," says chef Brando de Oliveira of Florian Cafe in Manhattan.

Plus, the toasted almond crust has its own nutty aroma, and gives your taste buds the same satisfaction as frying but without the added fat. "Almonds give the same crunch as breadcrumbs, but have heart-healthy nutritional value and flavor," Oliveira says.

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Ingredients

Coating:

- ½ cup sliced almonds, lightly toasted
- ¼ cup panko breadcrumbs
- 1 tsp. lemon zest
- 1 fillet (4-5 oz.) trout
- kosher salt
- freshly ground black pepper, to taste
- 2 eggs, beaten
- 2 oz. clarified butter

Sauce:

- ½ lemon, juiced
- Pinch minced parsley, plus more for garnish
- Pinch red pepper flakes
- ¼ cup crabmeat (Florian uses peekytoe)
- ¼ cup fried shallots, for garnish
- 1 tbsp. fried capers, for garnish

Recipe. Florian's Almond-Crusted Trout

PROVIDED

Directions for the trout:

1 Roughly chop half of the almonds and mix together with breadcrumbs and lemon zest; set aside.

2 Season trout with salt and pepper, then coat in egg wash. Press fish in almond breadcrumbs; set aside.

3 In a nonstick pan, heat butter until very hot; add fish and sear on both sides until golden brown and cooked through, about 1-2 minutes per side. Transfer fish to a plate and reserve.

Directions for the sauce:

1 In the same pan, add lemon juice, parsley and pepper flakes; season to taste. Toss crabmeat in sauce and remove from heat.

2 To serve, drizzle sauce on a plate and top with trout, crab meat, shallots, fried capers and parsley.

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Family. Parents spend lots of time helping kids with homework

This generation of parents is much more hands-on. / ISTOCK

The plus side

A positive note

Despite rapid changes in recent years, teachers and parents are hopeful. Over three quarters of parents say they believe their children are receiving a good education. For their part, 85 percent of teachers say the quality at the school they work in is good.

A new study proves what many families have long suspected — parents are spending more time helping their kids with their homework than ever.

According to a new study from Education.com — 80 percent of parents spend much more time helping with assignments than their parents did. The study also offers a look at how Americans view the state of education today.

1 Mixed feelings on Common Core. The Common Core State Standards (which were meant to increase students' critical thinking and analytical skills) remain controversial — with one out of four parents believing the standards will have either a negative or very negative impact on the quality of their child's education and 40 percent of parents saying they are still on the fence about it.

2 What teachers think. Teachers who were surveyed also expressed concerns about the Common Core, with many saying they still need more resources to properly implement the curriculum. Over a quarter of the teachers questioned said they have received no guidance on how to properly apply it.

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Don't get nervous before the SATs

Crash course. Rest up this week, and keep calm the day of the exam.

Taking your time and following directions is crucial. / ISTOCK

For most students, taking the SAT for the first time represents the most important exam of their lives. With many high school juniors currently doing their last-minute prep before this Saturday's exam, it's important for them not to let their pretest jitters get out of control.

"We tell students this: 'You probably spent at least six weeks studying for the SAT, whether it was through a class or a tutor or a book, so remember to take a deep breath," says Rob Franek, the senior vice president of publishing at the Princeton Review and the author of "The Best 379 Colleges." "It's important to feel confident in the work you've done."

With Saturday's exam just around the corner, Franek urges students to keep the following in mind.

Practice self-care

It seems like common sense, but remember that staying up late every night leading up to the test won't put you in the best state of mind. "Make sure that you take care of yourself," Franek says. "Remember to sleep."

It's also important to note that you'll probably need a snack to boost your energy. "Take some fruit with you," he says. "Bananas are great to keep the energy going."

Change is coming

Heading into the unknown

Last winter, the College Board (which administers the SAT) made headlines when it announced drastic changes to the exam beginning in March 2016. Franek says he and his colleagues are already fielding questions. "We're advising people to take the current exam if they can," he says. "The restructured SAT is a tectonic shift and it creates a great deal of anxiety, but the old exam is a known quantity."

Read the directions

"It's so easy to get tripped up on the directions of the SAT because they are confusing," Franek says. Take a second to make sure that you truly understand what the question is asking before selecting an answer.

Manage your time

"Focus on your pacing," he advises. "It's reminding yourself of how many minutes you have for each section. Start with the easy questions and remember the process of elimination — if you can eliminate two or three of them, it's OK to guess the answer."

It's also important not to spend too much time on one hard question.

"You can easily skip that question and go back to it at the end when you can focus," Franek advises.

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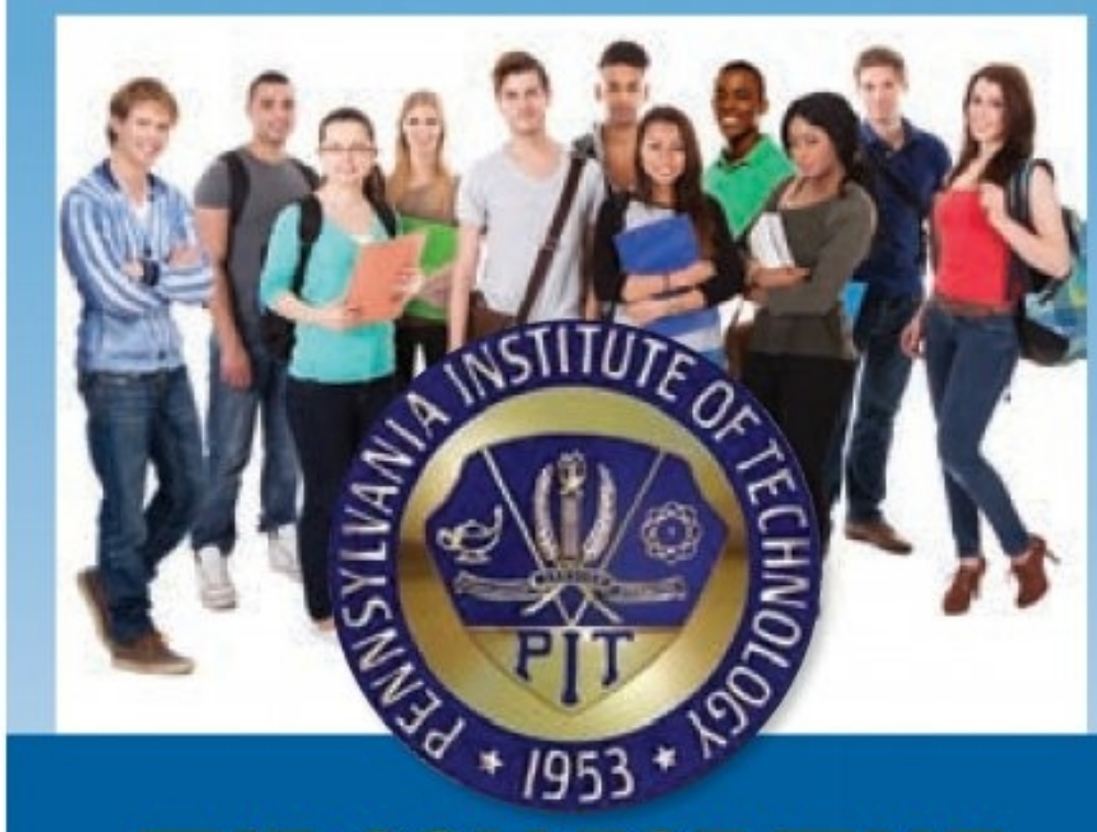

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Moving on up. Jump-start your career in 2015

As we enter the second week of the new year, it's easy to start slowly backtracking on our more ambitious career-related goals. But one entrepreneur stresses that everyone should still take the time to invest in their careers.

"I think the first thing is to be sure to make your goal really specific and really actionable," says Kathryn Minshew, the CEO and founder of The Muse, a career site geared toward younger workers. "For example, instead of saying, 'I'm going to find a new job this year,' you can say, 'I'm going to apply to five jobs a week during January.'"

We asked Minshew for her tips to shake up a career for the better.

Having a job search buddy (or buddies) will make things easier. / ISTOCK

Have a job search buddy

Everything is easier when you have someone to bounce ideas off of, Minshew says. "You can agree that you are both going to check in with each other at a specific time each week," she suggests. Plus, it's nice to have someone look over your cover letters and resumes before.

Tip

Start a new project

"Try to find a hobby where you can build your skills," says Minshew. "Let's say you are looking for a job in social media. You can suggest to a local nonprofit that you will volunteer to do their social media for a few months for free, so that you can learn."

Network more

"I think that networking gets such a bad rap," says Minshew. "In reality, it's all about getting to know people better." A key to making successful connections, she says, is phrasing. "Instead of saying, 'Oh, I'm a writer.' You can say, "I'm a writer who really loves writing about history.'" That gives people something to latch on to."

Follow up with your connections

"About 24 hours after meeting them, I'd send a follow-up email and add them on LinkedIn," says Minshew. "Then maybe two weeks later send that person a note saying hello." LAKSHMI GANDHI

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Horoscope

♑ Capricorn | Dec. 22-Jan. 20. If you are confused about the status of a partnership, discuss your concerns.

♒ Aquarius | Jan. 21-Feb. 18. Money is heading your way. Pick up the pace so that you can stay on top of a rapidly changing situation. Don't miss out on a chance to participate in a project.

♓ Pisces | Feb. 19-March 20. Stick to the rules. Trying to keep a private situation secret will cause controversy. Listen and observe what others are doing instead of taking the helm.

♈ Aries | March 21-April 20. Don't get discouraged. Finding what you want takes time. Someone you count on will let you down. Reconnect with an old friend.

♉ Taurus | April 21-May 21. Embrace an unexpected change. If you want a project to be done right, you will have to do or oversee everything yourself.

♊ Gemini | May 22-June 20. Don't allow anyone to goad you into doing something underhanded. Emotional issues will escalate. Use your special flair to make your mark on a new project.

♋ Cancer | June 21-July 22. You will find yourself in a vulnerable position if you have neglected to take care of a financial situation. Take care of business.

♌ Leo | July 23-Aug. 22. A romantic opportunity is apparent. Steer clear of anyone with a jealous streak. Damaging rumors may circulate from a rival.

♍ Virgo | Aug. 23-Sept. 22. Show how much you care. Young children should not be left out of your plans. Activities that will include all of your friends will bring you closer together.

♎ Libra | Sept. 23-Oct. 22. Love is on the rise. Your helpful nature will solve a puzzle. A minor incident will introduce you to an intriguing personality.

♏ Scorpio | Oct. 23-Nov. 21. You are in a high-energy cycle. The people you live with will not see things your way. To avoid discord, you should travel..

♐ Sagittarius | Nov. 22-Dec. 21. Be true to your beliefs. A casual friend will be looking for a more meaningful relationship. Honestly address your feelings to avoid a mistake. EUGENIA LAST

Sudoku: Easy and hard

3								
	6				4			7
4	9	1		6				5
1	5	3	2				6	8
				8				
8	4				7	2	9	1
7				1		3	8	6
6			9				1	
								2

	4		5	3		7		
	7					5		
1				8				4
		7		2	3		6	
8		6				2		3
	2		9	7		1		
9				6				7
		1					2	
		3		9	7		1	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters to the editor

NIMBY, NRA

Re: 'Gun violence 'isn't just a Philadelphia problem' (Metro, Jan. 15)
The NRA suit against Philadelphia makes no sense. No one has been harmed by any requirements to report lost or stolen guns, or by requirement to keep guns out of our city parks. This suit is comparable to someone saying "I might have slipped and fallen on your icy steps, so I have a right to sue you," when you haven't fallen and you haven't been anywhere near the icy steps. Our city should have the right to make and live by our laws.
CAROLYN MCCOY, VIA EMAIL

The NRA already enjoys an unfair advantage over those who disagree with it due to the huge amounts of money it spends lobbying government. This law has given them the power to squash local laws without the bother of the democratic process.
ALLEN HANFORD, VIA EMAIL

The NRA got a special right to sue our towns and cities — a right that doesn't exist for any other type of issue. Requirements to report lost or stolen guns and rules keeping guns out of our city parks make our communities safer. Why should outside groups and their lawyers get to come in and sue our town? Our reps in Harrisburg took a vote for the gun lobby and turned their backs on the people who live and work in their districts.
SUSAN MORRIS, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

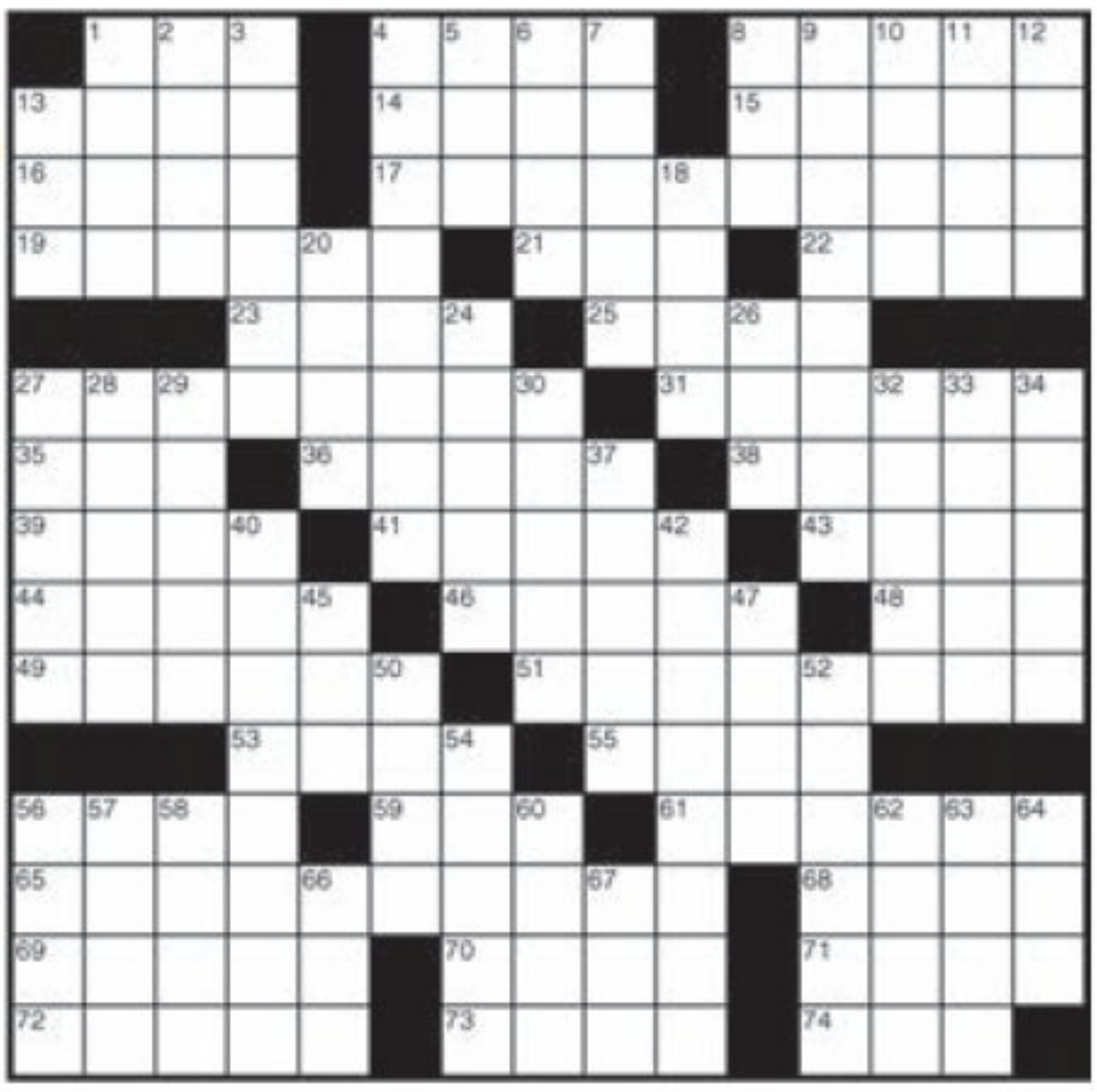
Visit us online at **Metro.us.**
Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Crossword

Across
1 Drain, as energy
4 Faction
8 Horse's bedding
13 Mystique
14 Beery or Webster
15 Locate, perhaps
16 Cold feet
17 Not returned
19 "The Terminator," e.g.
21 Baton Rouge sch.
22 Parker who played Boone
23 Trails behind
25 Nobleman
27 Happy chorus? (2 wds.)
31 Cleared for takeoff?
35 What's- —-name
36 Oui and si
38 Troll's cousin
39 Chooses
41 The One-L Lama
43 Mr. LeMond
44 Race
46 Boy, toy and joy
48 Literary miscellany
49 Despot
51 Old-time comedian (2 wds.)
53 Actor — Kaplan
55 Chows down
56 Island near Kauai
59 Pulpit addr.
61 Molecule cores
65 What always to read (2 wds.)
68 Klutz's cry
69 Astronaut — Ride
70 Disney CEO
71 Hwys.
72 Win by — —
73 Like souffles
74 Half a dangerous fly

Down
1 Chop —
2 Swift horse
3 Early release
4 Nestled
5 Many millennia
6 — Gustav Jung
7 The ones here
8 Good name for a cook?
9 Insignificant
10 Have status
11 King beaters
12 Gets spliced
13 Pro Bowl letters
18 Campus area
20 Suggestive
24 Ms. Sarandon
26 Not decaf.
27 Specter
28 Pert
29 Banana oil, e.g.
30 "Look out —!"
32 Reef maker
33 Correct
34 Ballerina painter
37 Pizza topping
40 Harbor sight
42 Army
45 Double helix
47 In – (as found)
50 Cookbook qty.
52 Accompany
54 More than strange
56 Ribs, to Cato
57 "— — for All Seasons"
58 Moon ring
60 Mrs. Peel portrayer
62 A great deal
63 "En garde" weapon
64 Shuttle's destination
66 Caustic solution
67 Electron's chg.

Weekend's answer



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Teary-eyed star

Donovan moved by MLS new honor

The MLS held a Landon Donovan tribute ceremony preceding the 2015 MLS Super-Draft which announced the leagues plans to rename its MVP trophy after the great Donovan. Donovan retired in December after helping the LA Galaxy win their fourth MLS Cup as a member of the club. He left MLS soccer as the all-time leading goals (144) and assists (136) leader.

"It was a no-brainer for us to name this award after Landon," said MLS Commissioner Don Garber. "He's our Michael Jordan, he's our Wayne Gretzky, he's our [Derek] Jeter. Without Landon there's no MLS the way it is today."

Donovan made it clear how proud he was by the decision made by the league. He was moved to tears during the video tribute which was aired before they announced their plans to name the award after him.

"I'm incredibly honored [by this award]," said Donovan. "I will try to live my life in a way that is representative of having an MVP trophy named after you."

JEFF MCMENAMIN

NBA's elite respect Sixers for hustle

NBA. Don't look now, but the Sixers have become respected, tough competitors.

Few still think of the 76ers as a "laughing stock" after watching their tough play every game. / GETTY

When it's game time, the opposition wants to crush the 76ers. That's the competitive edge all NBA players possess.

When the final buzzer sounds, the opposition sympathizes with the Sixers. That's the human side.

The Sixers have struggled to a 7-30 record — only Minnesota and New York have fewer wins — and the marathon has a long way to go. Even through the mountain of defeats, opposing players continue to be impressed by how hard the Sixers are playing each night.

"We talked about that in our meeting," said Atlanta Hawks guard Kyle Korver, an ex-Sixer. "They have a bunch of young, hungry players who are bringing it every night. You have to be ready to face them. They're going to run, run and run some more. You have to admire how they've come together in a tough season."

After an 0-17 start, the Sixers went 7-13. Some of those losses were close like the one against the Memphis Grizzlies earlier this season.

Quoted

"It seems like they always give us fits whether I'm here or when I was with Miami. They play with a high motor. You have to be ready to face them." Cavs forward James Jones

The Grizzlies could contend for a championship.

"You can see how hard they're playing and it was tough for us," said Grizzlies point guard Mike Conley, who knocked in a tough 3-pointer at the buzzer to send the game into overtime. "They play so hard and never give up. We just made a few plays we needed at the end. We were fortunate. I was so impressed with how they competed."

Players around the league have echoed similar thoughts about the Sixers this season.

"They are playing for coach [Brett] Brown and that's great because coach is the person and coach that he is," San Antonio Spurs guard Manu Ginobili said. "Coach Brown is a wonderful person and an outstanding coach. The Sixers look to me like they're giving everything and that's all you can ask for."

"I'd much rather be on this side of winning, but as a competitor, you have to feel for them," added Hawks forward Elton Brand, another former Sixer. "When we're playing, you want to beat them. I like being on this end of things. It must be tough. They're playing hard and bringing effort. You can see that."

ANDY JASNER
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sports@metro.us

Field trip

Sixers will be tested in DC

The 76ers tour of the best teams in the Eastern Conference continues Monday afternoon when they travel to Washington, D.C. to face the up-and-coming Wizards on the road. A winnable game at home against the last-place Knicks follows Wednesday night.

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Things the Flyers must do to survive

NHL. The Flyers must play near-perfect hockey if they hope to get back into the Eastern Conference playoff picture as the All-Star break approaches.

The Philadelphia Flyers finished with 94 points last season, which was just enough to earn third place in the Metropolitan Division and an automatic berth into the Stanley Cup Playoffs.

The Red Wings and Blue Jackets each ended with 93 points and punched their postseason tickets as the two wild card teams.

The way the Eastern Conference stands this season, it appears as if it's going to take just as many points — and possibly even more — to gain entry to the playoffs.

At their current pace, the Flyers are barely on course to crack 80 points, let alone 90.

If they are going to muster a run over the final 36 games and surge into a playoff spot, the Flyers have their work cut out for themselves.

The team faces the Islanders on Long Island Monday afternoon before returning home for five pivotal home games.

Here are five things that must happen if they are to pull off the long-shot and rally to make the playoffs.

ERIC GOLDSTEIN
@Esponda
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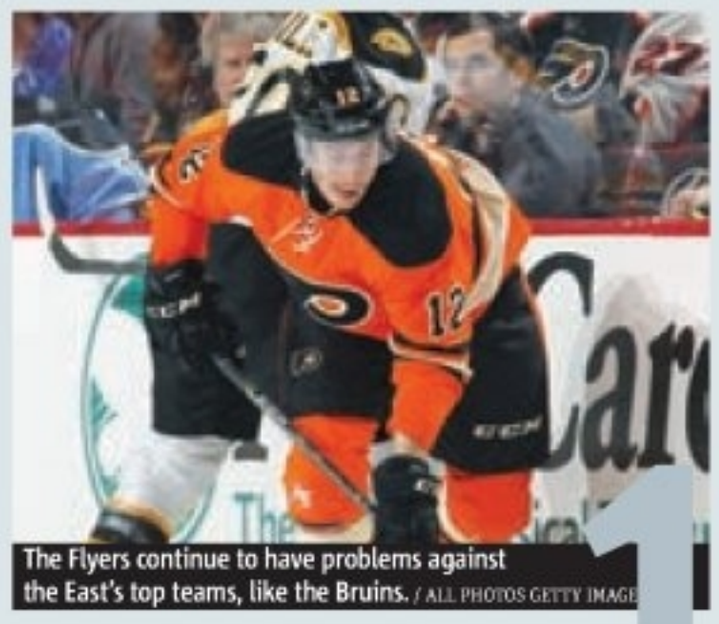

The Flyers continue to have problems against the East's top teams, like the Bruins. / ALL PHOTOS GETTY IMAGE

Win games in regulation vs. Eastern teams

In order for the Flyers to gain ground, they need to beat Eastern teams they are chasing without going to overtime or a shootout, where both squads obviously get at least a point. This leaves very little room for error in close games, which are a weakness for the Flyers.

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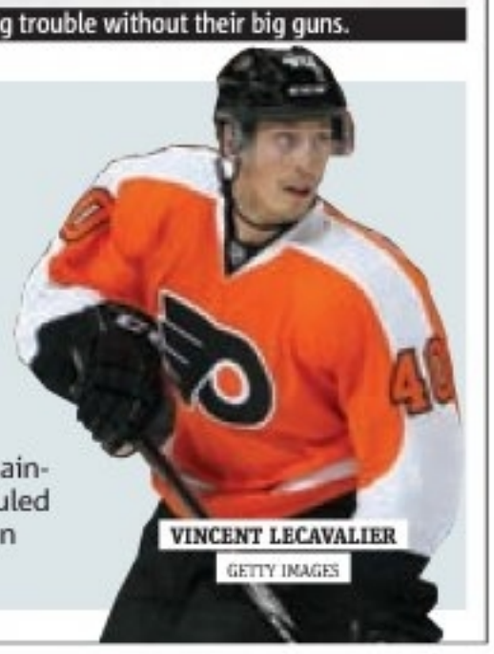
2 Stay healthy

This is the one area that is no doubt out of their control, but the Flyers need some luck here. The organization lacks depth in the minors and can ill afford for any key players — Claude Giroux or Jakub Voracek — to go on the shelf for any extended time. Injuries to defensemen Nick Grossmann and Braydon Coburn and goalie Steve Mason have already complicated matters.

The Flyers would be in big trouble without their big guns.

3 Take advantage of home ice

The Flyers have a substantially better record at the Wells Fargo Center than away from it. With 20 of their remaining 36 games scheduled at home, that pattern must persist.



VINCENT LECAVALIER
GETTY IMAGES

4 Light the lamp

Since Christmas the Flyers' offense has all but disappeared. Save for the touchdown and extra-point they put up against the Lightning last week, goals have been mostly at a premium.

Even including the Tampa rout, they are still averaging just over two goals per game during their recent dismal span.

The Flyers could use more secondary scoring to help their stars.

This is not the type of team that is going to win many 2-1 or 3-2 contests.

5 Improve the penalty kill

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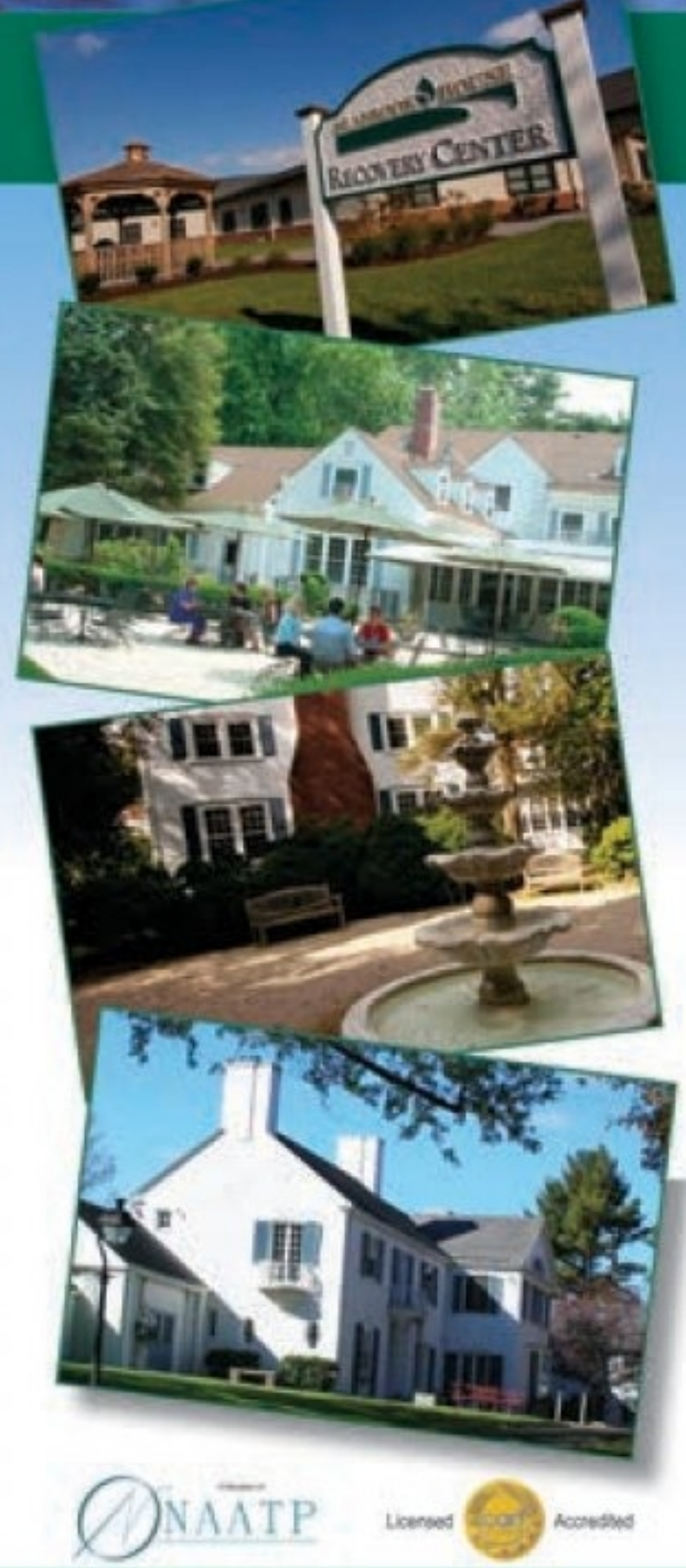

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